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PINTO AND GREAT NORTHERN BEANS MAKE VALUABLE FOODS

Both the Pinto and the Great Northern bean belong to the group of common kidney beans (*Phaseolus vulgaris*). They are good foods and when properly cooked are most palatable. The Pinto bean is a dark bean and the Great Northern is light in color, quite like the Navy bean in appearance and composition.

Their concentrated form makes these beans cheap sources of energy. The large amount of protein contained and relatively large amount of calcium make valuable additions to the diet at any time. The presence of vitamin B in these beans makes them especially desirable in winter because during this time of the year the diet is likely to be low in this much needed vitamin. Both of these beans thrive under drought conditions so that this year there is an abundant supply of them on the market. On account of their high food value and their availability they are suggested as valuable and cheap reinforcements to the diet at this time.

Recipes using Pinto and Great Northern Beans

Generally speaking, it may be said that the Pinto and the Great Northern bean may be used interchangeably in preparing recipes for almost any part of the meal. They lend themselves equally well for soups, vegetables, meat substitutes, salads, and in cases of emergency may even be used as a basis for desserts. Especially tasty dishes may be prepared by combining these beans with salt pork, tomato sauce, and onions. If the beans are boiled, baked, scalloped, or made into soups with these combinations, pleasing and inexpensive variations may be added to the meal. A different flavor is obtained when ground meat is added in such recipes as Chili

con Carne. Again, in Hopping John for example, tomato sauce and cheese may be served with the rice-bean mixture, thus adding to the food value as well as to the palatability.

#### Soup using Pinto or Great Northern Beans

1 cup dry beans	1 medium-sized onion
2 cups water	1 teaspoon salt (depending
2 ounces salt pork	on saltiness of pork)
(1-1/2 x 1-3/8 x 1-7/8 inches)	Pepper

Soak the dry beans overnight in two cups water. Add 2 cups of water, cook the beans until tender, and put them through a sieve or colander. Cut the salt pork into 1/8 inch cubes and brown in a skillet. Add these cubes to the bean pulp mixture. Chop the onion fine, brown in the salt pork fat, stir into the soup mixture, and add the salt and pepper. Serve very hot.

Chopped peanuts may be added to the soup for a pleasing variation.

To make a full-meal dish, pour this soup over toast covered with tender brown slices of onions, and sprinkle grated cheese over the top.

#### Hopping John with Pinto or Great Northern Beans

1 cup dried beans	1 medium-sized onion
1 ounce salt pork	1 teaspoon salt (depending
(3/4 x 1-3/8 x 1-7/8 inches)	upon saltiness of pork)
3/4 cup cooked rice	Pepper

Soak the beans overnight in 2 cups water and in the morning add 2 more cups and cook gently until tender. Cut the salt pork into 1/8 inch cubes and brown in a skillet. Add these cubes to the beans. Chop the onion fine, brown in the salt pork fat, mix with the beans, and add salt and pepper. Combine the beans with the cooked rice, continue cooking for 10 minutes, and serve at once.

Pleasing variations of this recipe may be made in the following ways:

Sprinkle grated cheese over the Hopping John and serve with catsup or tomato sauce.

Serve tomatoes at the same meal with the Hopping John and let the two dishes be eaten together.

Brown the uncooked rice in some of the salt pork fat and then add it to the beans during the last 20 minutes they are being cooked.

## Boiled Pinto or Great Northern Beans

2 cups dried beans  
1/4 pound salt pork  
Pepper

Salt to taste (depending on  
saltiness of pork)

Soak the beans overnight in cold water to cover. In the morning add 2 cups of water, the salt pork, and seasoning. Let simmer for an hour or until the beans are tender.

If more water is needed it should be hot when added. The beans may be cooked without previous soaking but twice as long will be required. If cooked in a covered vessel, slightly less time is required but the flavor of the beans will be increased.

## Scalloped Pinto or Great Northern Beans

2 cups dried beans  
1/4 pound salt pork  
2 medium-sized onions  
4 tablespoons flour  
2 cups water

1 teaspoon salt (depending  
on saltiness of pork)  
Pepper  
1/2 cup bread crumbs

Soak the beans overnight in 2 cups water and in the morning add 2 more cups and cook gently until they are tender. Place in a greased baking dish. Cut the salt pork into 1/8 inch cubes and brown in a skillet. Add the salt pork to the beans. Chop the onions fine, brown in the salt pork fat, and add to the beans. Mix the remaining fat with the flour, salt, and pepper. Then stir in the water and mix with the beans. Sprinkle the bread crumbs over the top. Bake in a moderately hot oven (350° to 400°F.) for 20 minutes. Serve from the baking dish.

## Chili con Carne

2 cups cooked beans  
1/4 pound salt pork  
1/2 pound ground lean beef

1/4 cup chopped onion  
2 cups tomatoes  
1 tablespoon chili powder

Cut the salt pork into 1/8 inch cubes and brown in a skillet. Add these cubes to the beans. Brown the chopped onion in the salt pork fat. Add the ground beef and cook slowly for 5 minutes. Combine with the beans and other ingredients. Cook until meat is tender and the flavors well blended.



### Great Northern or Pinto Baked Beans

2 cups dried beans	1 teaspoon salt (depending
1/4 pound salt pork	on saltiness of pork)
1 tablespoon molasses	1 small onion
1 teaspoon mustard	

Soak the beans overnight in 2 cups water and in the morning add 2 more cups and cook gently until the beans are tender. Score the rind of the salt pork and put half of the pork, together with the onion, in the bottom of the bean pot. Add the parboiled beans, mix the molasses and other seasonings with a little hot water, and pour over the beans. Add just enough more water to cover. Place the rest of the salt pork on top, cover the pot, and cook the beans very slowly in the oven for 6 or 7 hours. Add a little hot water from time to time to replace that which cooks away and is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking. Then uncover and allow the beans and pork on the top to brown.